

Dolphins Swim Team - Frequently Asked Questions

1. What is Dolphins Swim Team?

Dolphins Swim Team (also noted as EDST) is a swim team for boys and girls ages 5-18 run by the Enfield Recreation Department. Swimmers range from beginner to advanced. The major emphasis is on fun, improvement and personal best times while promoting a fun team environment that helps to shape children into responsible young adults.

2. Do you do anything more than swim laps?

EDST is a lot more than laps, starts and turns. Yes, you will be expected to practice your strokes and swim laps but we also have a lot of fun.

3. Do I have to be a good swimmer?

No, you just need to be a safe swimmer. Our team is made up of all different ages and abilities. They range from beginners to *Zone Team Qualifiers*. Being good is certainly helpful but enthusiasm, potential and willingness to listen are important factors too. Your swimming will improve with us as long as you work hard!

4. Should I start now or wait?

We suggest that swimmers start as early as possible. Participants will only do what they can handle at practice. Thus, the beginner 5 year olds will not swim with the advanced teenagers! Practice times and the skills practiced are based on age and ability.

5. I don't live in Enfield, can I still join?

Yes. Swimmers from Somers, Ellington, Suffield, East Windsor, Broad Brook, East Longmeadow, Longmeadow, Stafford, Vernon and South Windsor are welcome to swim with us. Vernon and South Windsor may only swim with us in the fall/winter because their towns have summer teams in our league. Don't see your town on this list? Just drop us an email with what town you live in and we'll let you know! This is just a list of where we've had swimmers from before; it's not an all-inclusive list.

6. When are practices?

Practices are usually held 4 times per week: Monday-Thursday. Each group has a specific time that they come at. This is given to you at the beginning of the season, though it is subject to change.

7. Do I have to attend every practice?

We do ask that swimmers come at least twice per week though we encourage you to attend as many practices as possible. You choose which nights you come and they can change weekly depending on what works for your family that week. If there are certain weeks that you can only make it once, you just need to let us know that via email and it's not a problem.

8. What if I play other sports?

No problem! We have lots of swimmers that play sports or do other activities. Since we usually offer practice 4 times a week, it gives swimmers a lot of opportunities to get to practice. Remember, you don't have to come on the same days every week.

9. How are practice groups set-up?

Practice groups are set up based on age and ability. We have groups that are specific to ages 8 & Under and then the rest are ages 9 & Over. From there, the groups are then broken up by ability so that swimmers train with others who are at the same level as themselves.

10. How do I advance to the next level / practice group?

Your level is determined by your age, ability and commitment. Your coaches will determine the right level for you. Focus on listening and improving - the rest will come.

11. Do I have to complete against kids a lot older than me?

No. All of our meets are age-group specific. There are five groupings: 8 & Under, 9/10, 11/12, 13/14 and 15-18.

12. Do I have to wear a specific suit?

Practice: For practice, swimmers may wear just about any suit. We do require that girls wear a one piece suit that is meant for swimming not playing (no halters, etc). The little girls Speedo suits are great, you can get them at *Costco*, *Kohls*, *Dicks* and online. Boys may wear a jammer or trunks to practice.

Meets: We have a team suit (Speedo Quantum Splice in Black/Blue) that all swimmers are encouraged to wear. It helps them feel a part of the team. Boys are required to wear a jammer to meets (trunks are not allowed). A jammer is a suit that goes down to the knees but is tighter than trunks. The team suit can be purchased through our team rep from Metro Swim Shop at a discounted price. The Metro Swim Shop rep will come to the pool, size swimmers and then you will leave with the team suit that night. We will announce the team suit day when it has been scheduled. Team suits should NOT be worn to practice.

13. How much does it cost to swim Dolphins?

You will pay a fee to both the Recreation Department and the Parents Association (see next question for what it covers). They are as follows:

Recreation Department: Resident: \$125.00 Non Resident: \$156.25

Parents Association Fees: One Child-- \$15.00 Two Children-- \$25.00 Three Plus-- \$35.00

14. What do the Parents Association Fees cover?

The Parents Association Fees help to cover the costs of things such as ribbons, end of the season awards, best time ducks and latex team caps among other things.

15. When are meets?

In the summer, meets are split into two groups. Juniors (all 12 & under swimmers) typically swim on Monday nights while Seniors (all 13 & Overs) typically swim on Wednesdays. Championships for Juniors are usually the 1st Saturday in August and Championships for Seniors are usually in the middle of the week in late July/early August (all dates and times are subject to change).

16. Do all swimmers swim in meets?

Yes, all swimmers will compete in swim meets.

17. How do I know if practice is cancelled due to bad weather?

-If the Enfield Public Schools...

- are closed, there is no practice.
- close early, there is no practice.
- cancel all after school activities, there is no practice.

-If the Enfield Recreation Department cancels all activities, there is no practice.

-If neither department cancels, yet we deem the situation unsafe, we will cancel practice. ** This especially relates to summer storms! **

•Cancellations and postponements will be announced on “WFSB” Channel 3, “WVIT” Channel 30, Fox 61, “WTIC,” “WHYN-AM,” and “WDRC” or call the Recreation Department recording at 860-253-6420.

• Please check your email around 3:45 PM. We will email you will any cancellations and updates.

• If you would like to add yourself to the text message list (if you can get text message, please do! This will reduce the number of phone calls we will need to make.) or additional family members, please either email or text Coach Kerri (860-324-0890) with your cell phone number. Please be sure to include your name!

If you have additional questions please contact the Recreation Department before you register your child.

**Enfield Recreation Department
19 North Main Street – 860.253.6420
www.enfield-ct.gov**

The Recreation Office is open Monday – Friday, 9:00 AM – 5:00 PM